BECAUSE LIFE ISN’T WARM + FUZZY ALL THE TIME.
People I go to for support:

1. _________________________________
2. _________________________________
3. _________________________________
Activities to de-stress:

1. _________________________________

2. _________________________________

3. _________________________________
need help?

let's talk.

4-10pm daily

talk 877.968.8491

text "teen2teen" to 839863

chat OregonYouthLine.org

we listen. we support. we keep it to ourselves.